

THE BEE'S PURE FOOD PAGE

The Bee's Household Arts Department

Walnut Spice Cakes.

2 tablespoons lard.
1 cup molasses.
1 egg.
1 cup hot water.
1/2 teaspoon soda.
2 cups flour.
1/2 teaspoon cinnamon.
1/2 teaspoon nutmeg.
1/2 teaspoon ginger.
1/2 teaspoon salt.
1/2 cup raisins.
1 cup walnut meats.

Melt lard, add molasses and egg well beaten. Add hot water mixed with soda. Then add flour mixed and sifted with spices and salt. Dredge walnuts and raisins in two tablespoons flour and stir into batter. Bake in gem pans in moderate oven.

Quick Fruit Cake.

1/2 cup walnuts.
1/2 cup raisins.
1/2 cup currants.
1/2 cup prunes.
1/2 cup figs.
1/2 cup dates.
1/2 cup almonds.
1/2 cup cashews.
1/2 cup pecans.
1/2 cup hazelnuts.
1/2 cup pineapples.
1/2 cup apples.
1/2 cup oranges.
1/2 cup lemons.
1/2 cup limes.

Put raisins and walnuts through food chopper. Mix well, season with salt, shape in small cakes and wrap in paraffin paper. These are excellent on a picnic or to keep on hand in the automobile for refreshment is wanted on short notice.

Walnut Macaroons.

2 eggs.
1 cup karo syrup.
2 1/2 cups toasted corn flakes.
1/2 cup walnut meats.
1 cup shredded coconut.
1/2 cup vanilla.
1/2 cup milk.

Beat eggs, add syrup and other ingredients. Roll in small balls, flatten out and bake on a greased sheet in moderate oven until delicate browned.

Graham Biscuits—Ten Biscuits.

1 cup graham flour.
1/2 cup white flour.
1/2 cup fat (lard and but-
ter).
1/2 cup sugar.
1/2 cup baking powder.
1/2 cup salt.
1/2 cup milk.

Mix and sift twice the flour, sugar, baking powder and salt. Add the graham flour and cut in the fat with a knife until the mixture becomes the consistency of crumblings. Gradually stir in the milk, still mixing with the knife. When a soft dough is formed, pat into shape one-half inch thick. Bake 15 minutes in a moderate oven.

Cocoa Drop-Cookies.

1/2 cup butter.
1/2 cup sugar.
1/2 cup cocoa.
1/2 cup baking powder.
1/2 cup milk.

Cream the butter substitute, beat in the sugar, then the cocoa, and add the eggs, well whipped. Beat thoroughly and then stir in the flour and baking powder mixed, alternating it with the milk. Drop by teaspoonfuls on an oiled baking sheet, keeping the cookies an inch apart, or otherwise they will run together when baked. Dust, if desired, with a little coconut, or press an English walnut, or blanched almond, or raisin, in the center of each. Bake in a quick oven, 375 degrees Fahrenheit, taking care that they do not burn.

Veal Pot-Pie.

2 pounds veal neck.
1/2 cup butter.
1/2 cup flour.
1/2 cup milk.
1/2 cup onion.
1/2 cup celery.
1/2 cup carrots.
1/2 cup peas.
1/2 cup mushrooms.
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Cook in boiling salted water until tender. Trim all meat possible from the bones. Add to white sauce. **Hot Pot of Mutton and Barley.** 1 pound mutton. 1/2 cup barley. 1/2 cup onion. 1/2 cup carrots. 1/2 cup peas. 1/2 cup mushrooms. Celery tops or other seasoning herbs. Cut the mutton in small pieces, and brown in the oil in fat cut from meat. This will help make the meat tender and improve the flavor. Pour this into a covered saucepan. Add two quarts water and the barley. Simmer for one and one-half hours. Then add the potatoes cut in quarters, seasoning herbs, and seasoning, and cook one-half hour longer.

Sandpaper Label.

A device for protecting people from taking doses from poison bottles by mistake is a sandpaper label. The ordinary label is pasted on a piece of sandpaper large enough to go all around the bottle so that when any one takes up the bottle in the night, no matter how dazed from sleep he may be, the rough, unfamiliar feel of the sandpaper arouses him and he recognizes at once that the bottle contains poison of some description. The printed label tells the kind of poison in the bottle.

Good Pies.

To keep the under pie crust from becoming soggy, insert a little funnel of writing paper in the upper pie crust before baking. The steam escapes through the funnel and the pie will not lose its juices.

Appetizing Dish.

To make blanchette of veal and asparagus take a pound of veal cutlet, one stalk celery, a bay-leaf, three-fourths of a cup asparagus, liquid, three-fourths cup of milk, salt and pepper to taste some boiled rice, a sprig of parsley, a teaspoon salt, half pound raw asparagus, three tablespoons butter, one-eighth tablespoon nutmeg.

Saturday Special

1/2 peck Large New Potatoes (7 1/2 lbs. full weight) 85c
Home-Grown Peas, qt. 10c
Market basket 89c
Home-Grown Beets, 6 bunches for 25c
Fancy Tomatoes, lb. 25c
California Cantaloupes, per dozen \$1.37
Swansdown Cake Flour, per package 45c
New York State White Grape Juice, doz. bottles \$3.25
New York State Apple Juice, doz. bot. \$2.25
Swedish Wafers, can. 28c
Jar Rubbers, 3 boxes 23c
Meadow Gold or Weegwood Butter, lb. 59c

Grape Parfait



Make this for Sunday's dinner. Mash two cupfuls of picked Concord grapes with a cup of sugar, and then rub it through a fine sieve. Heat two cups of bottled unfermented grape juice, dissolve in it two table-spoonfuls of gelatin and strain it into the fruit puree. Whip stiffly two cups of cream in which has been mixed one-quarter cup of sugar. Put the fruit puree into the freezer and freeze it to the consistency of a thick batter. Then add the whipped cream. Serve in chilled parfait glasses and garnish with whipped cream. Little princess cakes are delightful. To Make: Beat to a cream one-half cup of butter, half cup of sugar, add two well beaten eggs, half cup of milk, three cups of flour with two teaspoonfuls of baking powder and half a cup of currants, flavor with one teaspoon of vanilla, mix the ingredients till thoroughly blended, then put into buttered "princess pans" and bake in a moderate oven.

New Meat Dishes Palatable and Inexpensive

A palatable new meat dish which can be served at a very low cost is just what every home manager is looking for. At a recent meat cutting demonstration before the hotel managers and chefs there were several appetizing dishes prepared, which were surprisingly simple. These are new to many housewives.

When the yearling lamb was cut, six attractive little steaks were taken from the neck. These were rolled in flour, a piece of bacon was fastened around the edge of each, and they were browned in a frying pan. A small amount of water was added and they were covered and allowed to cook slowly for thirty minutes. The result was a nice little steak with as delicate a flavor as the fanciest frenched chops.

Another cut of lamb was a small three-rib shoulder roast of lamb. This was just seared, then given a long slow baking at a moderate temperature. This is considerably cheaper than leg of lamb and equally as nutritious and delicious.

Another interesting dish, cheap but attractive was a stuffed baked brisket. A pocket was cut separating the ribs from the meaty part, the piece and well seasoned bread dressing was pressed into the pocket. It was sewed up, topped with strips of bacon and dry sausage and after browning, was covered and given a long slow cooking, the same as the others.

From the cheaper cuts of beef a delicious five-pound boned chuck roast was made. A mixture of spices such as bay leaves, pepper, corns, salt, pepper, allspice and cloves were sprinkled through the inside and over the edges of the meat. It was then rolled and tied into shape, browned in a hot pan and given the long baking.

Sommer Bros.

28th and Farnam Streets
Harney 188

Meat Selection Important In Diet

The big problem in many women's marketing is selecting meat. When the home-manager spends so much of her food appropriation for meat, a study proves of great value. It is true, not everyone has a large meat chest, but everyone can study the cuts in a market if they are really desirous of learning how to buy wisely.

When going to market to select meat see that it is:
1—Firm to the touch, and elastic.
2—Streaked or marbled with fat, so that it will be juicy.
3—Bright in color.
4—Meat should smell fresh.
5—Government inspected (look for the stamp).
6—Meat should be cut across the grain.

Beef is bright red in color; veal is pink, and somewhat less firm than beef; pork is dark pink, and the fat is less firm than that of either beef or mutton. Pork should cut easily and have a good layer of pure white fat.

When meat has been taken from the cooler in the wholesale market, the merchant who has purchased it keeps it in the icebox of his retail market, then when it reaches the home it should be unwrapped, put on a plate and placed in a very cold part of the icebox. We often find, however, careless persons putting it away with the wrapping paper on it. The paper not only soaks out the juice, but it sticks to the meat.

When meat is ordered over the phone, the home-manager depends entirely upon the butcher to do her selecting. Sometimes an uninterested clerk takes her order, is indifferent and sends her inferior meat. Occasionally she sends it back, but more often she cooks it as she hasn't time to wait for a return delivery. If this is the case with you, don't blame the butcher—blame yourself for not marketing in person.

There are many grades of beef, depending on the breed of the cattle, their feeding and care before slaughtering. Prices often vary as to grade as well as cut of meat, so it should be clear to you that you do not always get the same quality

Hot Weather Meals

Breakfast:
Stewed Fruit
Minced Ham Omelet
Buttered Toast
Coffee (for adults) Milk

Dinner:
Pressed Chicken
Creamed Potatoes
Peas
Bread
Tomato Lettuce Salad
Rasperry Ice
Coffee
Supper
Dry Sausage Sandwiches
Fruit Cookies
Coffee Egg Nog

Oiled Paper

Save all the oiled paper which comes wrapped around bread and groceries, for it is an excellent accessory on ironing day. Keep a piece on the ironing board and run the irons over it occasionally. It gives them a smooth surface and cleans them off beautifully.

BASKET STORES

BASKO Butter 1-pound Carton 61c
AK-SAR-BEN Butter 1-pound Carton 54c

Better than the best

Saturday and while our supply lasts we will supply our regular customers with Standard Cane sugar in quantities up to and including 25 pounds at 25c per pound, and suggest that you buy a supply for canning purposes.

Also taking advantage of our everyday low grocery prices.

Meat Department Bargains

Fancy Pot Roasts—20c
Rib Boiling Beef—12 1/2c
Choice Tender Steak—24c
Wilson's Nut Margarine—32c

Fresh Pork Butts—25c
Fresh Pork Shoulder—Fine for roasts—Whole or half—23c
Link Sausage—Fancy Home Made—24c
Codfish—1 pound, wooden box—23c

New Red Potatoes—2 pounds—25c
Fresh Apricots—Basket—90c

EGGS Strictly fresh. Every Egg Guaranteed. Dozen..... 39c

Japan Teas are higher. No advance on Basko 1 pound carton..... 73c
Basko Coffee in bulk, pound..... 47c

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OMAR WONDER FLOUR

Before installing a modern heating plant in your home be sure to get the price and see the

VACUUM PIPELESS FURNACE

This is the famous and original Patented Pipeless Heating Plant, the heaviest and best built furnace on the market today—Saves one-third in fuel—built to last a lifetime—absolutely guaranteed. WE CAN SAVE YOU FROM \$50 to \$100 on first cost and give you very liberal terms if you wish. Over 750 installed in Omaha; 25,000 in the Middle West. Full information free if you write, call or phone D. 993.

Vacuum Furnace Sales Co., 1112 Douglas St. OMAHA, Phone Douglas 993

Phone Douglas 3940 Courtney Building

The TABLE SUPPLY
OMAHA'S PURE FOOD HEADQUARTERS
SEVENTEENTH AT DOUGLAS STREET

Rolled Rib Roast, lb. 32 1/2c
Pork Loins, per lb. 27 1/2c
Spare Ribs, per lb. 15c
Pork Shoulder, per lb. 18c

Hindquarter Lamb, lb. 25c
Forequarter Lamb, lb. 15c
Lamb Stew, per lb. 10c
Fairbanks Compound, lb. 23c

Red New Potatoes, 5 lbs. for. 55c
Lemons, 40c size, per dozen 29c
Butter, per lb. 56c

Yellow American Cream Cheese, per lb. at. 29c

SALADS
All the wanted Salads and Delicatessen dishes are featured here at decidedly attractive prices.

Sugar, 3 lbs. for. 74c
Advo Jell, 2 for. 25c
Rumford Baking Powder, 25c
Special Ice Tea Blend, lb. 57c
Good Santos Coffee. 36c
Snider's Catsup, bottle. 25c

Grapelade, Welch's, jar. 40c
Three for \$1.15
Prunes, 5 lbs. for. 97c
Peaches, per can 32c
Per dozen \$3.65
Libby Milk, 6 cans for. 73c

ASK FOR and GET Horlick's
The Original Malted Milk
for Infants and Invalids
Avoid Imitations and Substitutes

CENTRAL MARKET

Shop in Comfort Early Sat. Morning—Avoid Crowds—Store Closes at 6 P. M. Sat.

Tel. D. 1796
1608-10 Harney St.

We deliver \$5 orders to all parts of the city free.

COME ONCE AND YOU WILL COME ALWAYS

From 8 to 10 a. m. we will sell—
Quaker Oats, pkg. 11c

Then comes 6 items specially priced to attract the thrifty. Come down or phone before noon for these specials. Until 12 m. only.

Fancy Bulk Creamery Butter, lb. 49c	Fancy Fresh Ducks, lb. 33c	Fancy large size Lemons, per doz. 30c
White Beauty Shortening, 1 1/2-lb. pail. 40c	10 bars Diamond C or Beat Em All Soap. 48c	Douglas Salad Oil, full quart. 65c

Picnic and outing time is here. We have everything to make yours a success—Olives, Pickles, Peanut Butter, Olive Butter, Jams, Jellies, Sandwich Fillers, etc.

Pig Pork Loin Roast, per lb. 28 1/2c	Fancy Young Veal Roast, lb. 25c	Fancy Young Veal Breast, lb. 17 1/2c
Fancy Steer Beef Boil, per lb. 10c	Fancy Steer Pot Roast, lb. 22 1/2c	Fancy Fresh Dressed Hens, lb. 35c
Karo Syrup, 10-lb. pails 90c	Best Granulated Cane Sugar, lb. 24c	Guaranteed Flour, 48-lb. cloth sacks. \$3.50
Ex. Sifted Sweet June Peas, 3 for 43c	3 cans extra good Salmon, 3 for 72c	4 cans Mustard Sardines for 25c
Mayflower Corn, per doz. \$1.75; per can. 15c	Dr. Rice's Baking Powder, 12-oz. can. 25c	10 bars Electric Sparks Soap 69c
No. 3 can Del Monte Peaches, can. 45c	Fancy Dry Peaches or Prunes, lb. 25c	Snider's or Heinz Pork and Beans, 2 for 25c
Dundee or Elkhead Milk, 2 cans. 25c	Hebe or Caronde Milk at 11c	Armour's Salad Dressing, large bottle. 28c
Crisco, any size, per lb. 35c	Pumpkin, fine grade, 2 for 15c	5 lbs. Navy Beans, white and clean. 48c

Our Central Market Blend Mocha and Java Coffee, equal to 60c grade..... 45c
McCormick's Famous Home-Made Chocolates, per lb. 70c. Saturday 59c

Fresh Country Checked Eggs, in cartons, doz. 35c	Best Grade Creamery Package Butter 58c	Fancy Old Brick Cheese, special, lb. 25c
Gem-Nut Margarine, per lb. 31c	Iten's Crisp Graham Crackers, lb. 22 1/2c	Ideal Honey Cookies, per lb. 30c
Extra Fancy Valencia Oranges, each 4c	Ex. Fancy Cal. Apples, basket 85c	Large New Carrots, per bunch 10c

We have searched the world's markets to gather the fancy Fruits and Vegetables you will find here.

We solicit mail orders at the above prices. Place yours where it will receive prompt, careful attention. Largest and most sanitary market in the west.

WATCH TUESDAY EVENING PAPERS FOR WEDNESDAY SPECIALS

OMAR WONDER FLOUR

From the Ham to the Pan

Do not try to improve upon a thing that has taken experts many years to perfect.

Puritan Ham need not and should not be par-boiled before frying or broiling.

Puritan is of mild cure and free of excess salt. Retain the delicate flavor that has taken months to impart; from ham to pan gives best results.

"The Taste Tells"

Puritan Ham

THE CUDAHY PACKING CO

If your dealer doesn't handle Puritan, telegraph F. W. CONRON, MGR., 1321 Jena St. Phone Douglas 2401

Puritan Ham and Bacon are smoked daily in our Omaha Plant, insuring fresh, bright checked meats at all times.

OMAR WONDER FLOUR